

# Back it up

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**Count:** —                      **Wall:** 4                      **Level:** Phrased Intermediate

**Choreographer:** Francien Sittrop (Sept. 2009)

**Music:** Back It Up by Caro Emerald, Single

**Intro : Start after 32 counts from the Beat**

**Pattern : ABB ABB ABB A**

**A:**

**(1 - 8) Step Fwd, Pivot ½ Turn , ¼ Turn L , ¼ Turn L Touch & Cross Side, Sailor Heel &**

1 - 2            Step R fwd, Pivot ½ Turn L (6.00)

**3 & 4 ¼ turn L step R to R side and push Hip R, Recover on L ,¼ Turn L and Touch R to R side(12.00)**

&5-6            Step R next to L, Step L across R, Step R to R side

7&8&            Step L behind R, Step R to R side, L heel fwd, Step L next to R

**(9-16) Cross, Side , Sailor ½ Turn R, Step Fwd , Close, Toe Touches**

1 - 2            Step R across L, Step L to L side

3 & 4            Step R behind L with ½ Turn R, Step L to L side , Step R to R side (6.00)

5 - 6            Big step fwd with L(step over a little branch), Step R next to L

7&8&            Touch L to L side, Step L next to R, Touch R to R side, Step R next to L

**(17-24) Rock , Recover, Triple Full Turn , Rock , Recover , Triple 1,1/4 Turn R**

1 - 2            Rock L fwd, Recover on R

3 & 4            Triple Full Turn L with L,R,L

5 - 6            Rock R fwd, Recover on L

**7 & 8 ½ Turn R step R fwd, ½ Turn R step L back, ¼ Turn R step R to R side (9.00)**

**(25-32) Cross, Side, Sailor step ¼ Turn R , Step Fwd , Close, Kick Ball Touch , Close**

1 - 2            Step L across R, Step R to R side,

3 & 4            Step L behind R with ¼ Turn L, Step R to R side , Step L to L side (6.00)

5 - 6            Step R big step fwd(step over a little branch), Step L next to R

**7&8&** Kick R fwd, Step R next to L, Touch L to L side, Step L next R

**(33-40) Cross, Side, Sailor Step ¼ Turn R , L Shuffle fwd, R Mambo step**

**1 - 2** Step R across L, Step L to L side

**3 & 4** Step R behind L with ¼ Turn R, Step L to L side, Step R to R side (9.00)

**5 - 6** Step L fwd, Step R next to L, Step L fwd

**7 & 8** Rock R fwd, Recover on L, Step R back

**(41-48) Step Back and Sweep x2, Sailor Step ½ Turn L, Toe Touches with ½ Turn R**

**1 - 2** Step L back and sweep R to the back, Step R back and sweep L to the back

**3 & 4** Step L behind R with ½ Turn L , Step R next to L, Step L to L side (3.00)

**5&6&** Touch R, ¼ Turn R and Step R next to L, Touch L to L side, Step L next to R

**7&8&** Touch R to R side, ¼ Turn R and Step R next to L , Touch L to L side, Step L next to (9.00)

**B :**

**(1 - 8) Skates fwd x2, Shuffle fwd, L Mambo fwd, Coaster Step**

**1 &** Skate R diag. R fwd , Slide L next to R

**2 &** Skate L diag. L fwd , Slide R next to L

**3 & 4** Step R fwd, Step L next to R, Step R fwd

**5 & 6** Rock L fwd, Recover on R, Step L back

**7 & 8** Step R back, Step L next to R, Step R fwd

**(9-16) Fwd, ¼ Turn R, Cross Shuffle, ¼ Turn R and Skate L , Skate R fwd, Shuffle Fwd**

**1 - 2** Step L fwd, ¼ Turn R (12.00)

**3 & 4** Step L across R, Step R to R side, Step L across R

**5 & ¼ Turn R Skate R diag. R fwd , Slide L next to R (3.00)**

**6 &** Skate L diag. L fwd , Slide R next to L

**7 & 8** Step R fwd, Step L next to R, Step L fwd

**(17-24) Kick Ball Touch x2, Rock , Recover , Shuffle ½ Turn L back**

**1 & 2 L Kick fwd, Step L next to R, Touch R to R side**

**3 & 4 R Kick fwd, Step R next to L, Touch L to L side**

5 - 6 Rock L fwd, Recover on R

7 & 8  $\frac{1}{4}$  Turn L step L to L side, Step R next to L,  $\frac{1}{4}$  Turn L step L fwd (9.00)

**(25-32) Full Turn L, Kick Ball Touch, Step fwd, Step Back, Coaster Step  $\frac{1}{4}$  Turn L**

1 - 2  $\frac{1}{2}$  Turn L step R back,  $\frac{1}{2}$  Turn L step L fwd (9.00)

3 & 4 Kick R fwd, Step R next to L, Touch L next to R

5 Step L Diag. L Fwd

6 Step R Diag. R Back

7 & 8 Sweep L behind R with  $\frac{1}{4}$  Turn L, Step R next to L, Step L fwd (6.00)

**Pattern:**

**A BB A BB A BB A(32)**

**Ending:**

**Dance Last A until count 32 (7&8& : Kick Ball Touch & )You are facing the 3.00 wall.**

**Touch R back and make  $\frac{3}{4}$  Turn L**